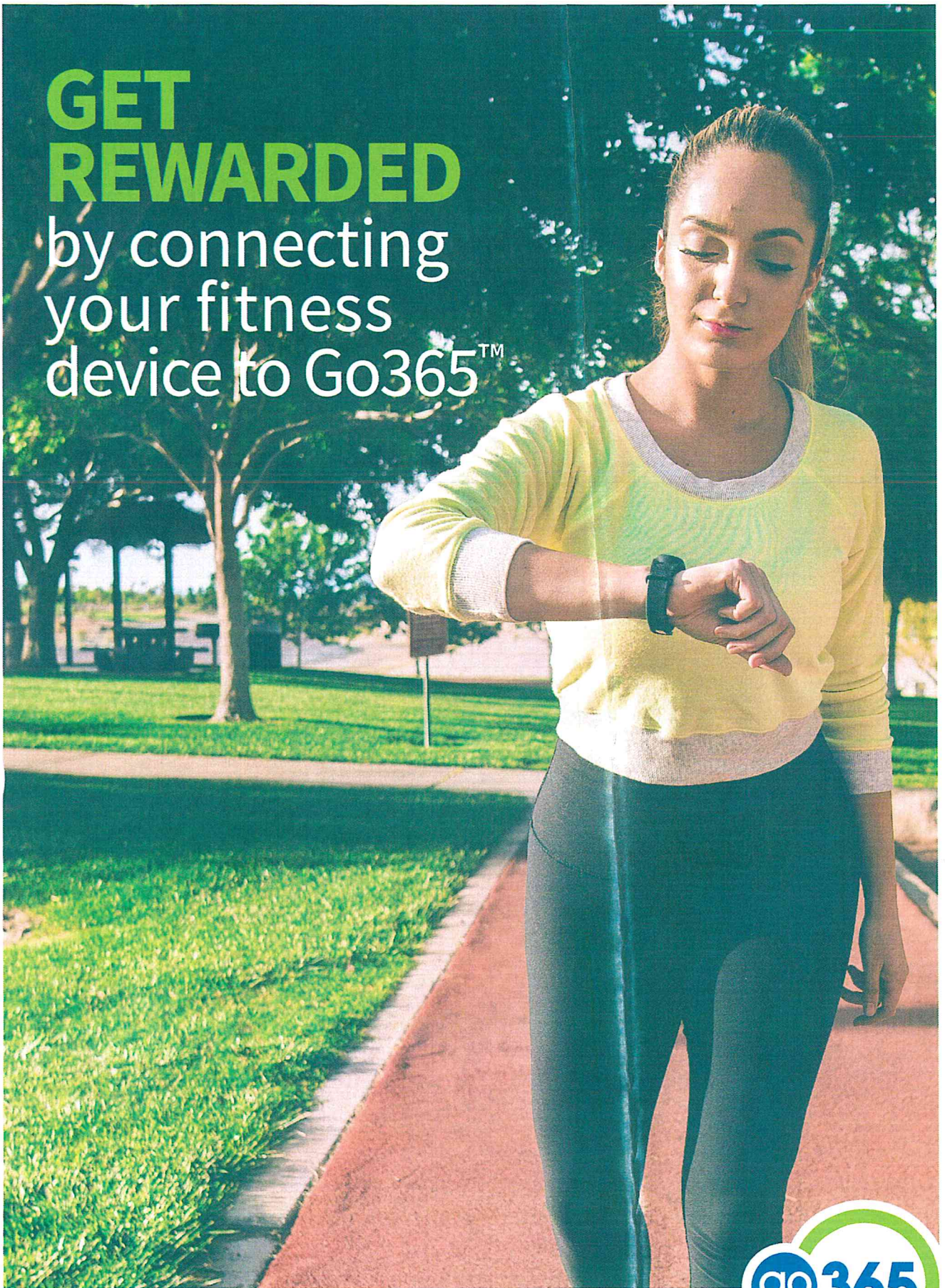


COMPATIBLE FITNESS DEVICES



GET REWARDED

by connecting
your fitness
device to Go365™



EARN POINTS using devices from these manufacturers

Points awarded for verified workouts available on Go365.com and Go365 App				Points awarded for Go365 App only activities					
Activity tracker	Steps	Calories	Heart rate	Food	Weight	Sleep	Health quiz	Blood pressure	Glucose
Humana Gear pedometers	✓								
Fitbit	✓					✓			
UP by Jawbone	✓					✓			
Fitbug	✓								
Polar		✓	✓						
Garmin	✓	✓	✓			✓			
Withings	✓	✓						✓	
Misfit	✓								
iHealth	✓							✓	✓
Qardio					✓			✓	
Mobile apps:	Steps	Calories	Heart rate	Food	Weight	Sleep	Health quiz	Blood pressure	Glucose
Apple Health*	✓				✓	✓			
Samsung Health	✓			✓	✓	✓			
Runkeeper		✓							
Strava		✓							
Moves	✓								
Life Fitness		✓							
Expresso		✓	✓						
RunDouble C25K		✓							
MyFitnessPal				✓	✓				
Health IQ							✓		

See Compatible Fitness Devices section for specific devices that work within the Go365 experience.

Note: Apple Watch and Samsung Gear devices are compatible with mobile apps. Third-party devices connected through Apple Health and Samsung Health will not sync to Go365.

*To ensure the proper data transfers from Apple Health, please be sure to sign in to the Go365 App after your daily activity.

COMPATIBLE fitness devices

Activity tracker manufacturer	Device			
Humana Gear	g1.0 Pedometer g2.0 Pedometer			
Fitbit	Fitbit Classic Fitbit Ultra Fitbit One Fitbit Zip	Fitbit Flex Fitbit Force Fitbit Surge Fitbit Charge	Fitbit Charge HR Fitbit Charge 2 Fitbit Alta Fitbit Blaze	Fitbit Flex 2
Fitbug	Fitbug Air	Fitbug Go	Fitbug Orb	
Garmin	Running: All Garmin Forerunner devices are compatible with Go365			
	Biking: All Garmin Edge devices are compatible with Go365	Outdoors: All Garmin Fenix devices are compatible with Go365	Vivos: All Garmin Vivo devices are compatible with Go365	
iHealth	Edge			
Jawbone	Jawbone UP Jawbone UP24	Jawbone UP2 Jawbone UP3	Jawbone UP4 Jawbone UP Move	
Misfit	Shine Shine 2 Speedo Shine	Flash	Ray	
Polar	H7 w/Polar Beats app Polar Accurex Plus Polar AXN500 Polar AXN700 Polar Coach Polar CS400 Polar CS500 Polar CS600 Polar CS600X	Polar E600 Polar FT7 Polar FT40 Polar FT60 Polar FT80 Polar RCX5 Polar RS300X Polar RS400 Polar RS800	Polar RS800X Polar S610 and S610i Polar S625X Polar S710 and S710i Polar 720i Polar S725 and S725X Polar S810 and S810i Polar Sport Tester Polar Vantage NV	Polar Vantage XL Polar XTrainer Plus Polar M400 Polar M450 Polar V800 Polar V650 Polar A300 Polar A360
Withings	Pulse Activité	Activité Pop Go	Steel HR	

How Points are awarded



Verified workouts

Steps	Earn 1 Point per 1,000 steps.
Calories	Earn 5 Points per 100 calories if burn rate exceeds 200 calories/hour. (For app-based trackers, the GPS feature of the phone needs to be active, and the workout should take place outdoors or in an area with GPS signal reception.)
Heart rate	Earn 5 Points for every 15 minutes you spend above 60% of your maximum heart rate. Your maximum heart rate is calculated by subtracting your age from 220. (Notice for persons with pacemakers or other electronic medical devices: Persons who have a pacemaker or other electronic medical device use a heart rate monitor at their own risk. It is strongly recommended that persons with a pacemaker or other electronic medical device consult with their doctor before beginning an exercise regimen and using a heart rate monitor. A doctor may suggest an exercise test under his or her supervision to determine the appropriate intensity level for exercise and to ensure the simultaneous use of the medical device and heart rate monitor is safe for you.)

Go365 App only activities

Food	Log daily food consumption to earn 10 Points per week (Weekly Log Activity).
Weight	Log your weight to earn 10 Points per week (Weekly Log Activity).
Sleep	Sleep seven or more hours on five days in a calendar week (Sunday – Saturday) to earn 25 Points per week (up to 150 Points per program year).
Daily health quiz	Complete a quiz using HealthIQ to earn 2 Points per day.
Blood pressure	Record your blood pressure to earn 10 Points per week (Weekly Log Activity).
Glucose	Record your blood glucose to earn 10 Points per week (Weekly Log Activity).

Only one verified workout is awarded per 24-hour period from 12 a.m. – 11:59 p.m. All Points from device workouts are awarded in Eastern Standard Time (EST).

Devices may be added or removed without warning. This grid is updated periodically to reflect changes. For the most up-to-date list, refer to **Go365.com** or the Go365 App.

